

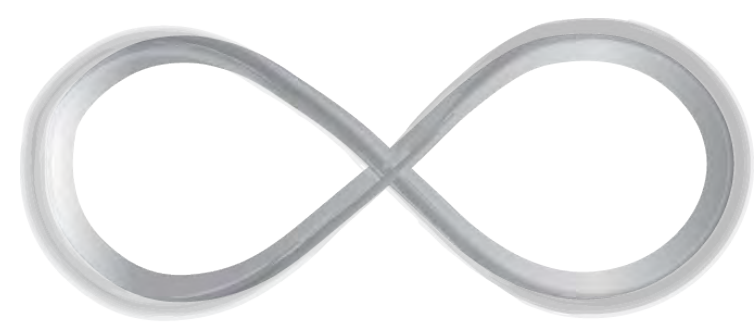


A Simple Guide for Leaning In, Letting Go and Loving Fully

*Tris Thorp*

[tristhorp.com](http://tristhorp.com)





## *A Special Note*

Thank you for downloading this free guide and for braving this important work! I commend you and I know if you take the time and use what is shared in this guide, you will experience a radical shift in multiple areas of your life.

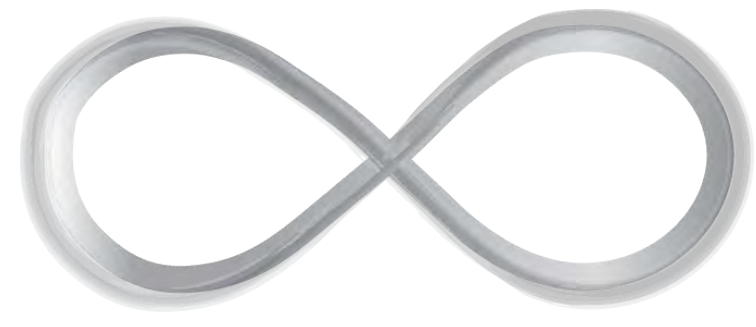
I encourage you to have paper and pen/pencil handy as you'll be asked to participate in various exercises and writing prompts throughout this guide. No one ever needs to see what you've written, so be open, honest and raw with your feelings and thoughts. The purpose of this guide is to share powerful processes I've used in my own life, in workshops I host and in one-on-one coaching sessions with clients that help people break the ties that bind us to negative emotions from the past like anger, resentment, shame, guilt, fear and anxiety so we may live empowered lives.

When you shine a light on what lies deep within and let emotions and fears surface, you free yourself of the weight and self-inflicted pain that no longer serves you in this beautiful present moment. As you learn to release and let go of pain and fear (or what I call "baggage"), you create a channel where your energy and emotions flow freely, and happiness flows from the inside out.

There are exercises interlaced throughout the four sections in this guide along with simple daily practices that support you in opening and healing your heart. This is not a guide you read, but a guide you experience by working through this process. Be sure to give yourself ample time and space to do this healing work. Embrace it wholeheartedly and with self-compassion as if your life depended on it because it does!

This is your opportunity to clear the slate and begin anew. This guide provides a foundation that allows you to emerge as the person you truly want to be – the person you already are but have long forgotten.

In love and gratitude,  
Tris Thorp



# TABLE OF CONTENTS

## **PART ONE: THE PROCESS OF HEALING**

- Healing Your Heart Begins by Leaning In
- Having the Courage to Let Go
- Self-Compassion Exercise: My Level of Self-Compassion

## **PART TWO: EMOTIONS: YOUR INTERNAL LANDSCAPE**

- Understanding Emotions and What They Really Mean
- Signs of Emotional Toxicity
- Daily DO #1: STOP to Work with Emotions in the Present

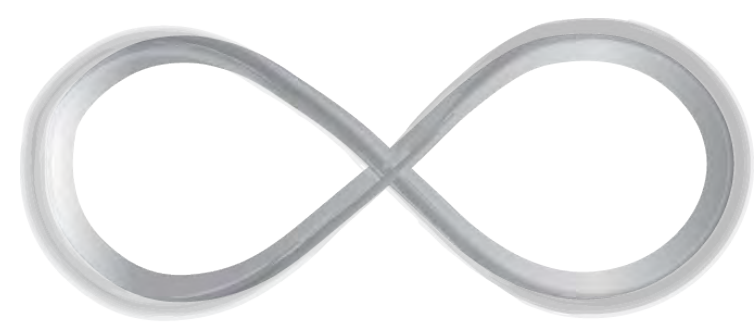
## **PART THREE: CLEARING OUT MENTALLY STORED PAIN FROM THE PAST**

- Where and How We Store Pain and Fears
- Self-Reflection Exercise: My Limiting Beliefs
- Self-Reflection Exercise: Making the Decision to Believe
- Daily DO #2: Feeling Your Way Through

## **PART FOUR: UNIFYING YOU FOR EMPOWERED LIVING**

- Becoming One with Emotions and Thoughts
- Daily DO #3: Simple Practices for Strengthening Your Emotional Body
- What it Means to Live an Empowered Life
- Healing is an Ongoing Process





## PART ONE:

# THE PROCESS OF HEALING

*Your task is not to seek for love but merely to seek and find all the barriers within yourself that you have built against it.*

*-Rumi*

Healing your heart does not come from resisting or avoiding your deepest pain and greatest fears. Healing comes from **befriending both pain and fears**, and getting to know them like you would a new friend. Lasting healing comes from **leaning into your emotions and providing yourself with a safe space** to open up and **release** what lies beneath.

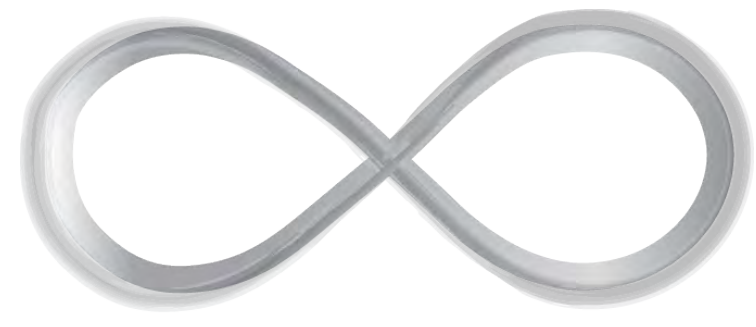
*You lean in to understand how and why you became who you are today so you can let go of the unnecessary, self-imposed limitations you've carried deep inside for far too long.*

Letting go takes courage. The act of letting go requires you to excavate your deepest and most hidden emotions and beliefs. This process calls you to go to the very deepest places that frighten you, and the places that you forbade yourself from ever returning. This can be terrifying and yet this is the very reason **letting go requires courage**.

*Leaning into an emotion simply means to be present with your pain or fear. You allow yourself to become aware of and acknowledge what lies beneath, gently witnessing what ebbs and flows so the emotion or fear can move through you.*

Courage doesn't mean you equip yourself with shields of armor and weaponry and demolish the very walls you originally built to protect yourself. Rather, you have the courage to **approach your pain and fears and the past with gentleness and honesty**. You lean in with a sense of curiosity, an open heart and an open mind. You **compassionately explore your innermost pain and fears** with the innocence and unconditional love of a child so that you can fully heal the past.





Letting go also requires self-compassion. You may easily be able to be compassionate when it comes to your friends and family members when they fail, make a mistake or feel bad about their past actions. However, you may not extend this same courtesy and love to yourself. How self-compassionate are you? Learning to be compassionate with yourself as you explore the past is paramount in healing work. The more you can love, nurture and accept yourself through this process, the more you will release and heal what is holding you back.

Use the exercise below to see if you are giving to yourself the same compassion and forgiveness you give to others.

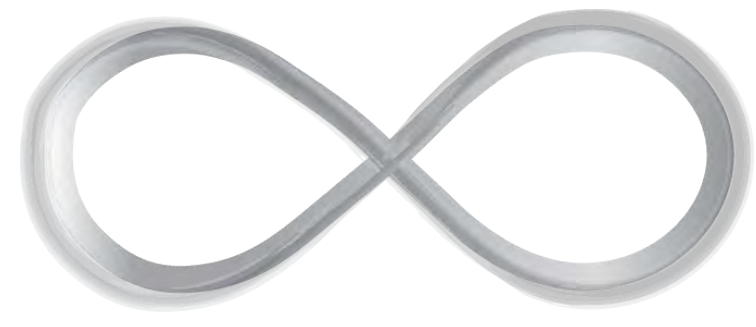


### **Self-Reflection: My Level of Self-Compassion**

Take a few moments to assess your current level of self-compassion. Using a scale of 1 to 10 (10 being extremely compassionate), how would you rate yourself?

Now, dig a little deeper using these questions:

1. What do you say to yourself when you fail at something?
2. When you look back at your life, how critical are you of your past actions?
3. When you are slow to learn something new, how do you treat yourself?
4. What do you say to yourself when you make a mistake?



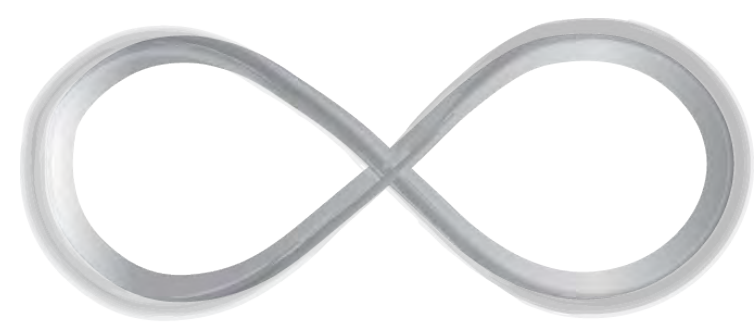
Finally, for the same questions above, instead of putting yourself in the question, insert a friend or family member and describe how you would treat that person when any of these situations arise.

1. What would you say to a friend who failed at something?
2. When a family member is critical about their past actions, what do you say to them?
3. If a small child has trouble learning something new, how would you treat him or her?
4. How do you treat friends and family members who beat themselves up when they make a mistake?

Love, compassion, and forgiveness are gifts we not only give to others. We gift ourselves these same gifts as a form of unconditional love and acceptance of who we are. When we give to ourselves that which we so easily give to others, we recognize and experience the gifts that are always present in our lives each and every moment. Practice self-compassion daily and especially when working through the exercises in this guide.





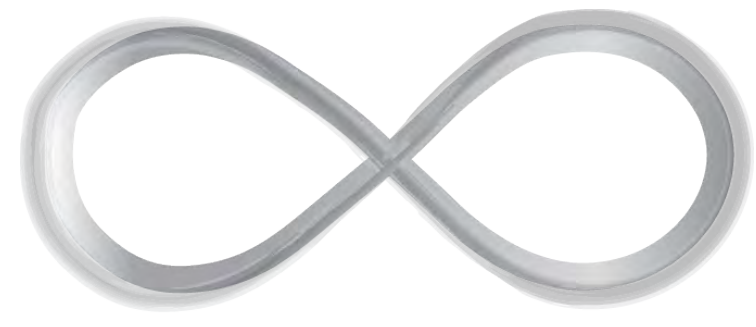


In my international bestselling book, [\*Healing Your Heart: Rewrite Your Story with Awareness and Intention\*](#), you are provided with self-reflective and explorative journaling exercises to help you unravel and make sense of your emotions, your thoughts, your beliefs and your behaviors, and you will be offered lasting transformative techniques and tools to support and guide you through this intimate healing journey. With purchase, **you'll also receive 2 special bonus gifts:** *Healing Your Heart* mini-course and access to my private *Healing Your Heart* Facebook Group. Learn more [here](#).

### ***In an important note***

It is impossible to force a wound to heal faster than it's meant to heal. My hope is that by you working through this guide and your own personal journey, the inhibitions and resistance to your healing will be substantially reduced and provide a path to **a deeper understanding of who you are and what you are capable of** experiencing. Should you choose to go the distance and do this work, meaning you approach these exercises and practices with an open heart and mind, I guarantee you will come out the other side completely transformed with a clear vision, an open heart, and the motivation to continue on your path to living more openly and loving more fully.





## PART TWO:

# EMOTIONS: YOUR INTERNAL LANDSCAPE

*Emotions are always rising and subsiding, and ebbing and flowing as a form of energy.*

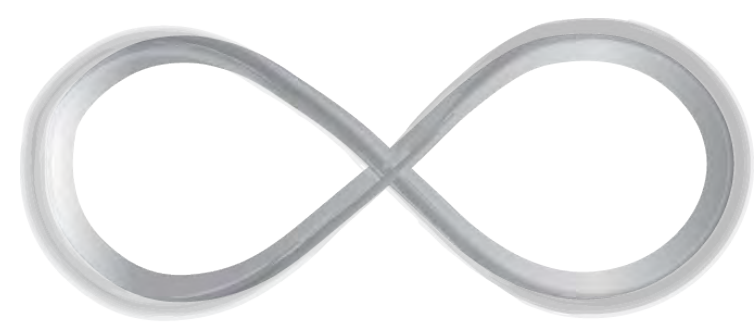
To begin your journey of healing your heart, you need to understand **what emotions really are** and how to become **more comfortable feeling** them as they energetically move through you.

Emotions are simply energy in motion. If your emotions are made up of energy, it follows that **your emotions are also moveable, changeable and transmutable**. Emotions have the capability of changing instantaneously. Understanding that emotions are felt perceptions of energy in motion is one of the most powerful realizations you can have in healing your heart.

If you have an accumulation of past negative emotions from prior experiences, you go through life *thinking* those negative emotions are who you *are*. Emotions are the way in which we feel the energy of experience. You aren't meant to be an emotion; you are meant to *experience* it and let it *pass* through you. Emotions are really signals that something needs to change.

Emotions are driven by deeper-level programming including everything from basic instincts to values and core beliefs you've adopted over time. Once your basic survival needs are met, your emotions are largely based upon whether or not you are receiving attention, affection, appreciation and acceptance and how you are getting these needs met.





Spend a weekend working with me at [Empowering Your Life®](#) weekend seminar in Los Angeles, CA! [Empowering Your Life®](#) is an uplifting and transformative 3-day interactive weekend seminar in a comfortable, supportive and nurturing environment. During this experiential event, you will learn how to **resolve and let go of the past, release unconscious limiting beliefs, emotions and patterns that are preventing you from getting what you really want**, get clear about what is truly important to you and **create realistic action steps to achieve your goals**. Regular admission price is \$595. **Save \$300** when you use this special promo code at [checkout](#): TRISGUEST or save even more if you bring a friend.

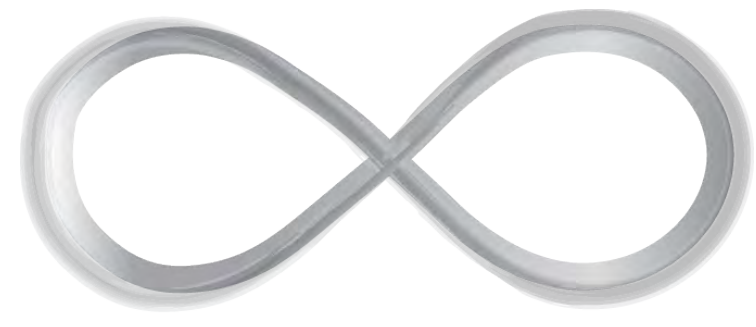
Unless we attach something to an emotion (like a thought, belief or interpretation), **emotions only last about ninety seconds**. Any thoughts you add to the initial feeling will keep that feeling circulating. This creates a dynamic cycle of an emotion triggering a thought, which triggers an emotion, which triggers another thought, and so on and so on. This is why many people get stuck in negative emotions and continually experience negative emotions without any external “trigger” present.

*Nothing ever goes away until it has taught us what we need to know.  
– Pema Chödrön*

What’s crucial to understand about emotions is they are derived from unmet needs. We all have the same fundamental needs, but how we go about filling those needs is very different. For instance, if you feel a need for attention, how you go about getting attention is determined by your current emotional state and how you have interpreted your past experiences. Maybe you were ignored at home so you became the class clown at school. Maybe your achievements are never acknowledged at work so you brag about your accomplishments at home.

We are taught to fill these needs by looking outside of ourselves. This sets us up for disappointment because we can never fully get our needs met by relying on external sources because the results we seek are *dependent* upon someone or something other than ourselves.





For your needs to be truly met, you must **learn how to fulfill your needs** yourself. Fulfilling your needs is an internal process that requires your full participation. When your needs are met, physically and psychologically, you feel comfort, pleasure, happiness and contentment. When your needs are not met, you may feel distressed, sadness, discomfort, anxious, depressed or moody. **The discomfort of unmet needs leads us to seek out things** that will make us feel better, even if only temporarily. **This avoidance of uncomfortable emotions is the beginning of emotional toxicity.**

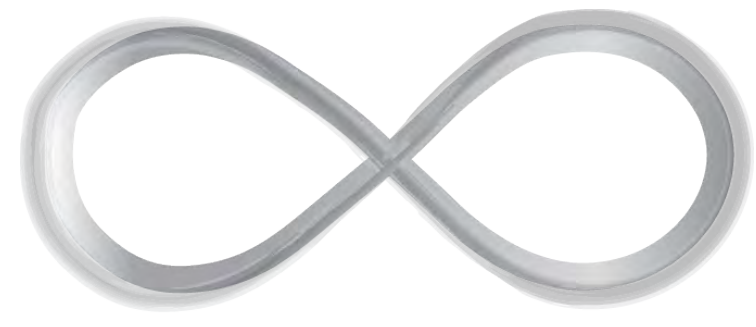
Emotional pain that is not properly processed becomes stored in our psyche and physiology. Because most of us have not been taught how to deal with uncomfortable or distressing emotions, we avoid the discomfort by repressing our emotional pain unconsciously or suppressing it consciously.

*Over time and with repetition, that which has gone unresolved will fester and inevitably surface as deep-seated emotions like anxiety, hostility, guilt, anger, resentment, shame and depression.*

When you bury your emotions, you are telling your unconscious mind that you either don't have the capacity to deal with what you are feeling or you would rather pretend your feelings are not real. You may try to escape the pain through drugs, alcohol, work, sex, shopping, eating or distracting yourself with TV or perusing social media. All of these escapes further prevent you from getting your needs met in healthy ways. These unmet needs (or failure of others to meet those needs) causes stress. Stress is linked to variety of dis-ease, including anxiety, depression, obesity and heart disease. Fulfilling your needs is not selfish; fulfilling your needs is an act of self-care that should be taken seriously.

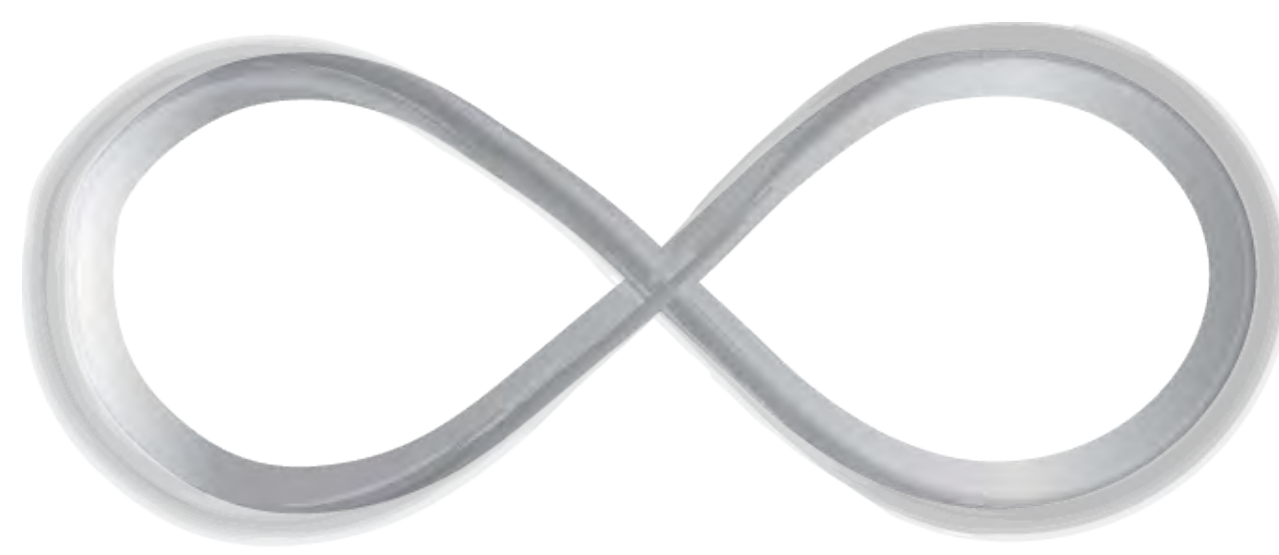
Understanding how you deal with stressful situations and negative emotions can provide valuable insight into needs you have that are not being met. Use the exercise below to discover how you handle stress and negative emotions so you can catch yourself avoiding or burying uncomfortable feelings or situations.





“Healing Your Heart is a must read if you are ready and willing to do the work required to gain an intimate look at how emotions shape your personal experience, so you can heal your past and live your best life.”

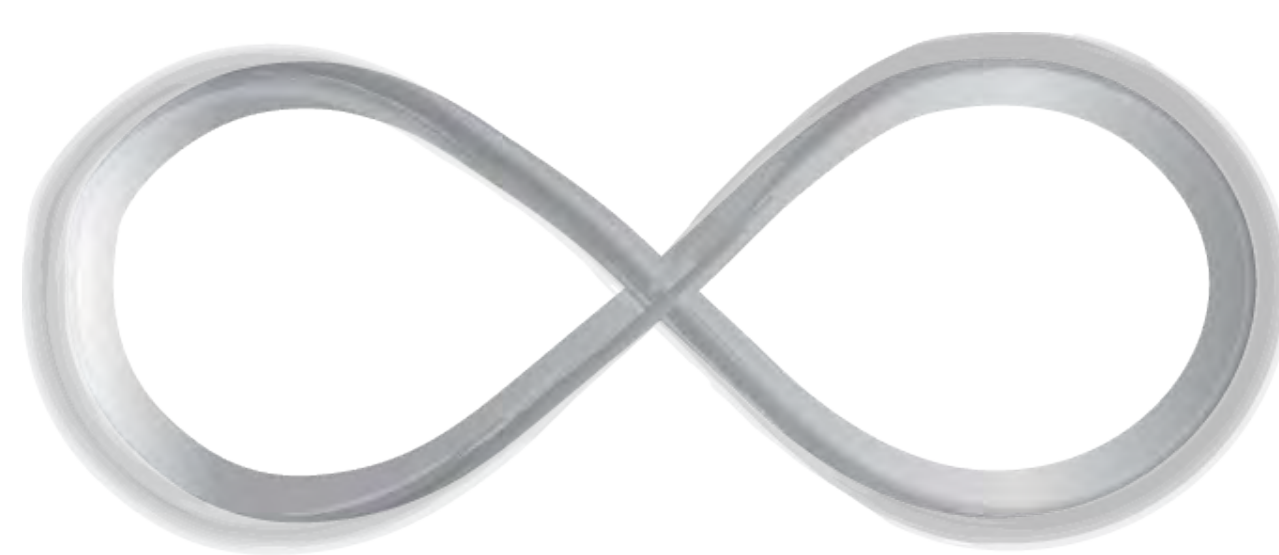
- Deepak Chopra



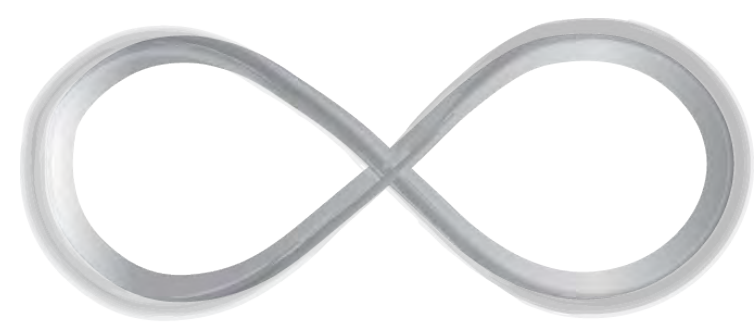
### **Self-Reflection: How Do You Deal with Negative Emotions?**

Take a few minutes to evaluate how you respond to stressful situations and negative emotions.

- Do you run away from stressful situations or negative emotions by distracting yourself?
- If yes, what is your go-to distraction?
- Do you pretend that everything is “fine” even when it’s not?
- Do you “rationalize” your way out of how you are feeling or minimize how you feel?
- Do you withdraw or hide out, giving others the silent treatment or retreating to your cave?
- Do you lash out verbally or vehemently defend yourself by putting the other person down?







Taking inventory regarding how you deal with stressful situations and negative emotions can help you **become more aware of your unmet needs**. The key is to recognize these patterns of behavior so you can **let the emotion surface and move through you in a healthy way** instead of storing it in your body.

If you already know you bury your feelings or find it difficult to handle your emotions, there are some signs you are suffering from an accumulation of emotional baggage or toxicity that needs to be released. Some of the signs are:

- Consistent fatigue
- Lack of enthusiasm
- Generalized depression
- Complacency
- Heightened irritability
- Cynicism
- High level of emotional reactivity

Identifying and **letting go of your emotional baggage (or emotional toxicity) is critical to your well-being** on all levels. The following daily practice can help you identify patterns and interrupt them so you can work *through* your emotions in a positive and productive way.

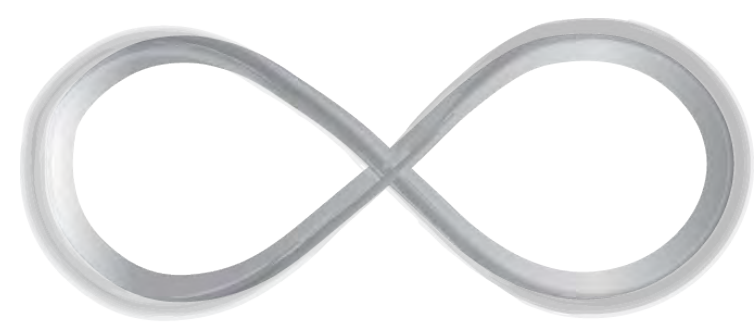
### **Daily DO #1: STOP to Create a Pattern Interrupt**

Changing begins with awareness. You must **first have an awareness of yourself, your thoughts and your reactions before you can expect to change** anything. You have to become aware that you're running a pattern, your emotions are about to blow or that you're spinning yourself into a state of emotional and mental chaos *before* you can change it. Awareness comes with slowing down so you can observe every second of every frame, interrupt a habitual pattern and then **consciously choose how best to proceed**.

**STOP** is an acronym used to describe a simple daily practice you can use whenever you feel triggered by a person or an event, *before* you blow up and do or say things you may regret later (including negatively ruminating on a person or situation). Here's how to use this simple four-step process:

**S stands for Stop.** Wherever you are, whatever is happening, you have to have the wherewithal to know you're "in it" and just stop. That's all. Just stop. Everything that is happening in that moment is nothing more than a swirling of energy. Energy needs intention and it needs direction. By you stopping (whatever it is that is occurring), you are essentially stopping the exchange of energy. The energy is still present and, like a child whose name you've just called out in that special parental tone, stops momentarily.



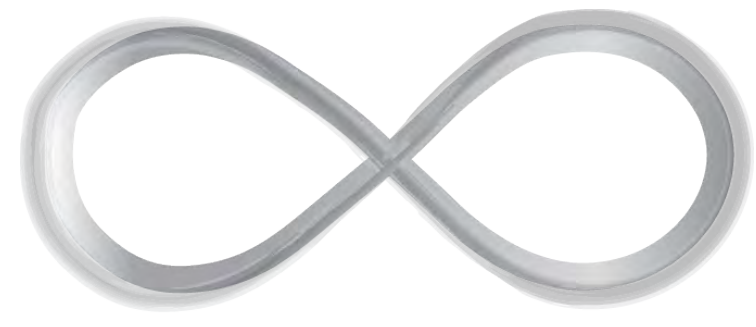


Next, you need to create some space between you and the immediate situation. **T stands for Take a Deep Breath or Take a Walk.** One of my clients calls it her “time out.” If possible, remove yourself from the environment as quickly as possible. In some cases, you may just need to walk away. If the situation allows, it may be more appropriate to excuse yourself and explain that you need to take some time to process what’s happening before responding. In some cases, taking a few breaths or a walk around the block will be enough space for you to calm your emotions. Certain events may require a bit more time and space, like sleeping on it or meditating on it for a couple days. If you have the time, listen to my guided visualization for calming your emotions to help process any emotions that may be surfacing. Once you’ve created some space, you need to become aware of what happened (or is happening).

**O stands for Observe.** Observing simply means to take in everyone and everything around you with your senses (visual, auditory, kinesthetic). To become the observer can be tricky, especially when emotions are heightened. It’s important, during this stage, not to judge yourself, the other person/people or what is currently going down and instead, just take it all in as if you’re watching a movie. This does three things: 1) it cultivates a greater level of awareness within you, 2) it teaches you to develop a sense of emotional intelligence and 3) it puts you into a slightly dissociated state which can lessen the intensity of the emotion while you’re making your game plan for how to move forward. Once you observe the event without judgment, you can take positive action.

This STOP technique works for children as well because they love acronyms and taking steps. You can draw it out for them to make it colorful and interactive and then practice it with them. Teaching them how to work with their emotions can provide a strong foundation of self-awareness and conscious decision making.





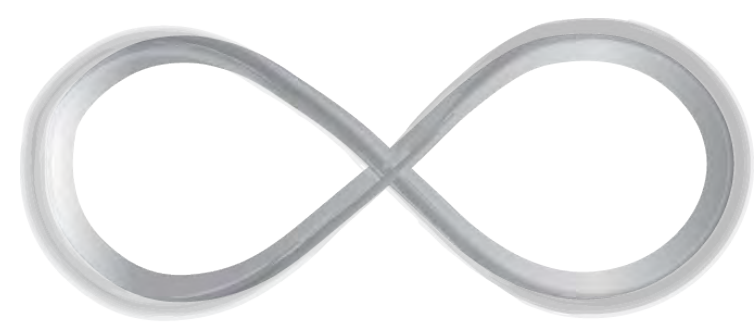
**P stands for Proceed Positively.** How you choose to proceed will have a direct effect on the outcome. This doesn't mean you're in control of the situation or that it will unfold exactly as you would like. *You can only take responsibility for your own choices and your own actions.* Look at the various ways in which you can respond and consider the consequences of your choices. You have the choice to lash out, to bury how you feel, to run away or you can carefully consider one simple question to proceed positively. That question is, "What would the best version of me do in this moment?"

In some cases, the answer could be to disengage entirely, while other times the answer may be to have a heart-centered boundary discussion with the person who triggered your emotions. Whatever you choose, be sure to proceed consciously and with a clear intention in mind.

Remember, **emotions are simply energy in motion and pass in about ninety seconds** *unless* you attach a thought, belief or interpretation to an emotion. If you find yourself stuck in the same emotions over and over again, this is a signal that something needs to change in your life.

In PART THREE of this guide, you'll learn a daily practice that helps you feel your way through difficult and distressing emotions and learn the connection between emotion, thought and the unconscious mind.





## PART THREE:

# CLEARING OUT MENTALLY STORED PAIN FROM THE PAST

The most empowering daily practice I use in my own life and the one I teach clients and workshop attendees is meditation. Meditation is, by far, *the most important practice* there is for healing, growth and self-awareness. The primary reason this practice is so effective is it quiets the mind, allowing us a chance to **hear and feel what is happening within** on a much deeper level.

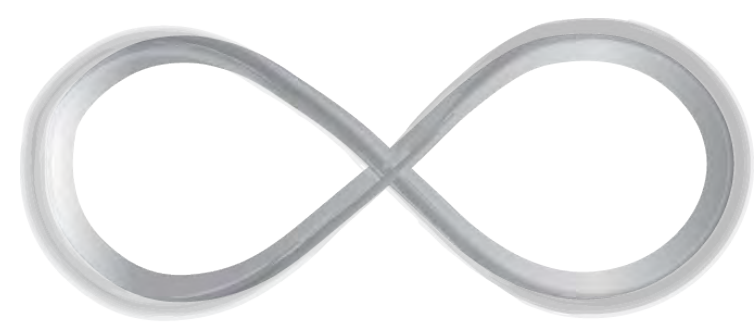
If you are not currently meditating, I urge you to start a very simple practice today! Even if you can only **spare 5 minutes a day** sitting quietly and breathing, you will **experience positive changes in your mental, emotional and physical well-being**. This simple practice is highly useful when we dive into the unconscious mind and bring to light the thoughts and beliefs that keep us from experiencing the lives we deserve.

Your unconscious mind has several jobs. **First, the unconscious mind is the domain of emotions.** You also experience emotions consciously, but there some emotions you simply cannot control. For example, have you ever been consumed with anger in the heat of the moment and while you tried desperately to control your reaction, you completely lost your sh\*t? There are emotions housed in the unconscious mind that you aren't always able to control because they are deeply seated in stored memories of similar events.

**Second, the unconscious mind stores and organizes all of your memories.**

This part of your mind also links, categorizes and stores similar experiences together. If your unconscious senses that remembering the emotional component of certain incidents would be too painful for you to re-experience, it might hide those emotions deep within your psyche until you are able to handle them. **Your unconscious mind will only present repressed memories for resolution when you are ready to release the emotion** stored from this memory or event. This makes your unconscious mind a very powerful ally when it comes to releasing emotional baggage or emotional toxicity from your past.





*Emotional baggage doesn't necessarily come from events that occurred, but from your perception and interpretation of what happened.*

Along with emotions, **your limiting beliefs are also stored in your unconscious mind**. Beliefs are any opinions or attitudes you hold as being real or true about yourself, other people and the world in which you live. **Limiting beliefs are any beliefs that restrict or hold you back**. You may be aware of some of your limiting beliefs just as you may be aware of some of your emotions. Unconscious limiting beliefs, however, are subtler. They aren't so easy to pinpoint because they've not surfaced as conscious thoughts, meaning you are not aware of them or they are not obvious to you. In fact, **you usually don't even realize you hold these unconscious limiting beliefs**. If you do have awareness about them, you don't see them as being limiting beliefs but rather reality. These limiting beliefs are the most debilitating because they lead us to believe our situation or who we are now is unchangeable. While you may not know what your limiting beliefs are, **your actions and reactions reflect what you believe to be true** about yourself, others and the world.

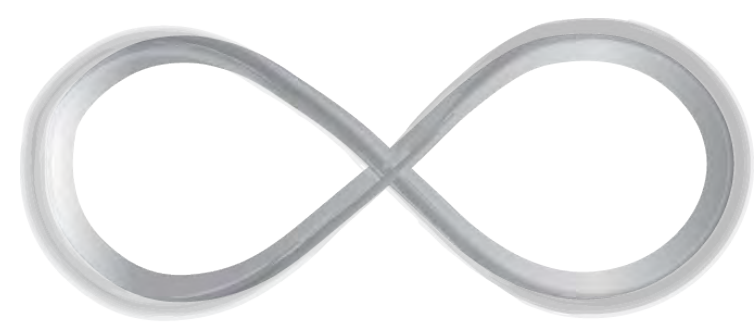
Conscious or unconscious **limiting beliefs** are notions you hold to be true about yourself that **formed when you were vulnerable**. Because you had no way of filtering out unhealthy, destructive beliefs, your unconscious mind absorbed them. Here's how it works: First, you have a negative experience which leads to a negative emotion. If you were unable to resolve that emotion and make sense of what happened, **you make the event and the emotion mean something about you**, which often turns into a limiting belief.

UNLOCK THE POWER OF YOUR TRUE POTENTIAL!

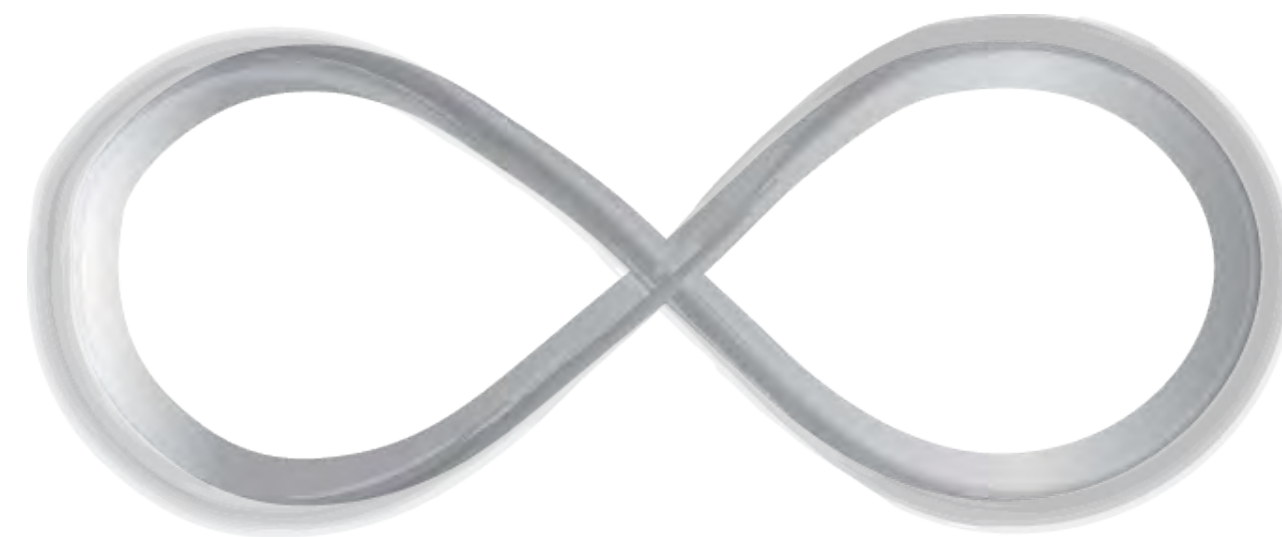
Learning how your mind works, or doesn't, in getting what you want while discarding emotions and events from the past that keep you from moving forward are the keys to unlocking your true potential.

Neuro-Linguistic Programming (NLP) is akin to a user's manual for the mind. Discover the extraordinary benefits of NLP techniques the most successful people like Tony Robbins and Oprah Winfrey use to achieve phenomenal success at one of our [Integrative NLP Practitioner Certification](#) training events near you. Only \$194 for four full days of interactive instruction with renowned Integrative NLP trainers.





Use the exercise below to explore conscious and unconscious limiting beliefs that may be holding you back or restricting you in some way.



### **Self-Reflection Exercise: My Limiting Beliefs**

Take some time to consider your own limiting beliefs and how holding these beliefs limit you and what you desire in your life.

- What are my limiting beliefs?
- How do these beliefs prevent me from being the person I've always wanted to be?
- How do these beliefs keep me from doing the things I dream of doing?
- How do these beliefs hold me back from having the things I deserve to have?

Ask yourself the following questions and write down what comes up for you:

- What are the thoughts that always loop through my mind?

---

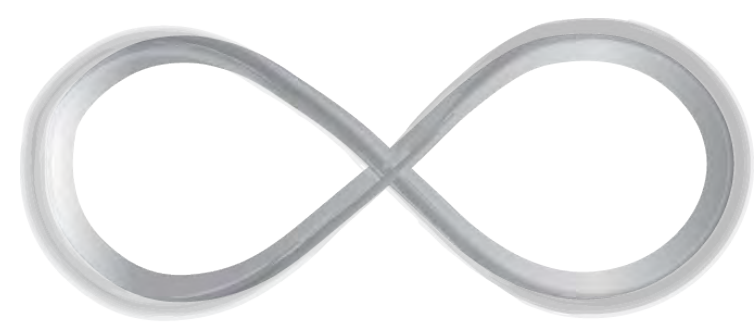
- What negative things do I repeatedly say to myself about me, my abilities, my behaviors, etc.?

---

Now, try to see what you've written from a big picture perspective. Take a step back and see if you can recognize how these thoughts and beliefs ultimately hold you back in life. Write what you discover below.

---





Next, let's explore some beliefs that you may be unaware of but are stored in your unconscious mind:

1. Have you tried to change certain things, behaviors, or patterns and found that despite your best intentions and desire to change, you've fallen short time after time?
2. Have you noticed patterns of self-sabotage (the hidden stash of cookies while you're dieting, falling in love with the same dysfunctional partners, spending money you don't have while trying to save for something that is important to you, etc.)? List those here.
3. Do you find yourself shutting down or acting inappropriately in certain situations for seemingly no good reason?

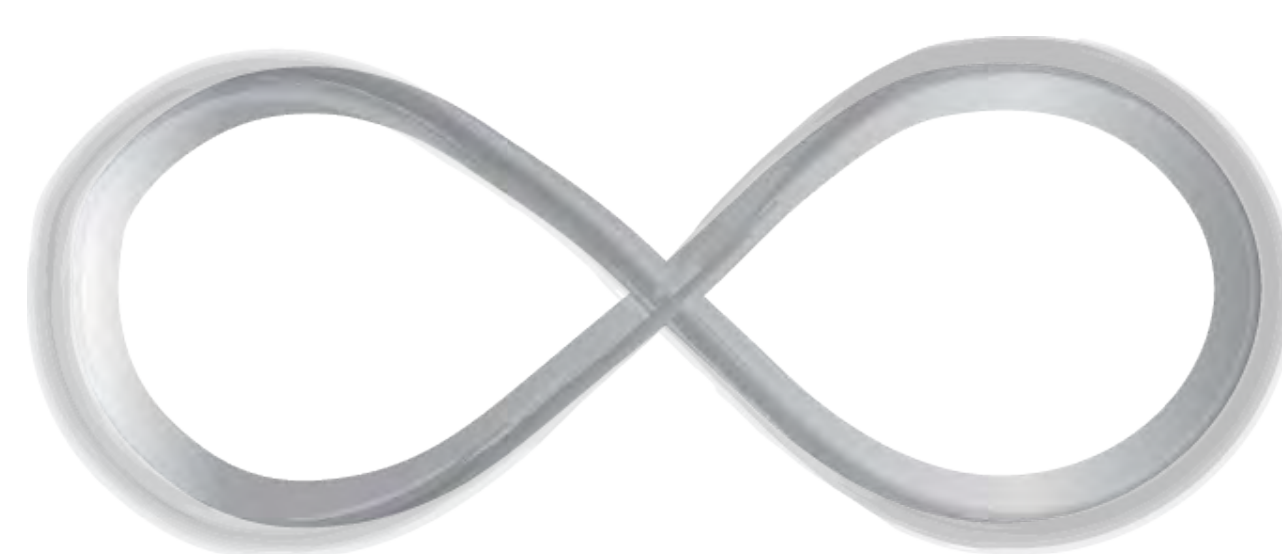
If you could guess, what unconscious limiting beliefs might be behind any of the above? Write your unconscious limiting beliefs (or your best guess) below.

---

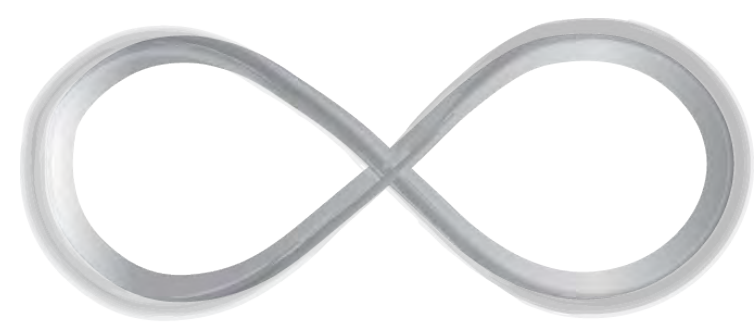
To help you discover the source of a belief, you can ask yourself:  
What kind of person acts this way?

---

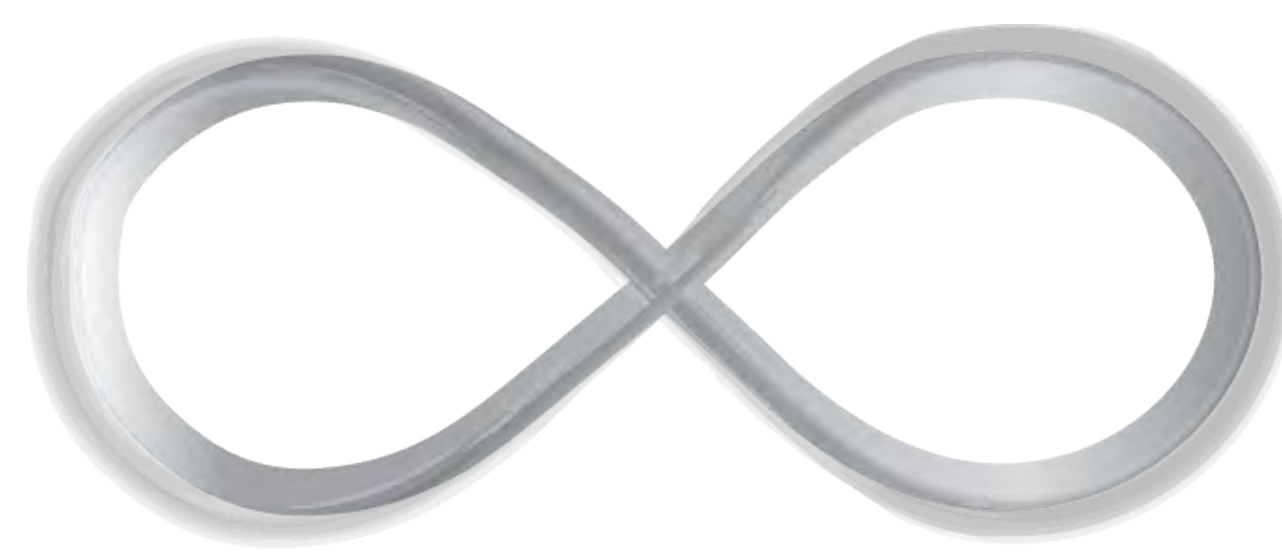
This question may help you identify the quality or characteristic you are emulating and reveal any beliefs you may have about yourself.







Now that you have an idea of what limiting beliefs you hold about yourself, **let's explore where and when these limiting beliefs were formed** or when you **made the decision to believe** this about yourself.



### **Self-Reflection: Making the Decision to Believe**

Take some time to reflect on the limiting beliefs you uncovered in the previous exercises. Take a few deep breaths and exhale fully until you feel calm. See if you can trace the limiting beliefs back to an early childhood memory to learn when you decided to believe this about yourself. By starting from an early memory, you can start piecing together how you became the person you are today.

State with one limiting belief and ask yourself:

When did I decide to believe this about myself?

---

If you have trouble with this exercise, you can approach it in a different way. If you don't know when you decided to believe this limiting belief or why, simply ask yourself the following questions and listen for the answer. Write down the first thing that comes up. This is how you begin communicating with your unconscious mind.

If I did know when I decided to believe this about myself, when was it?

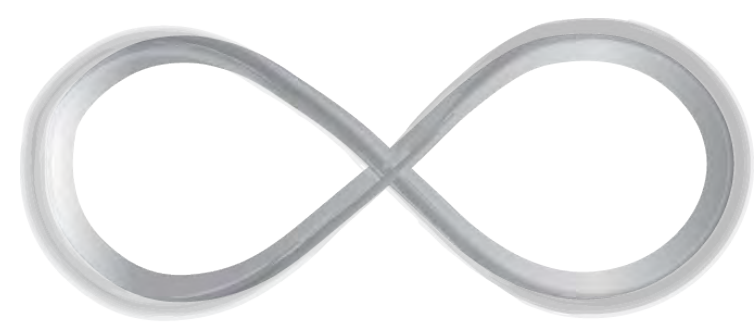
---

If I did know why I decided to believe this about myself, what happened?

---







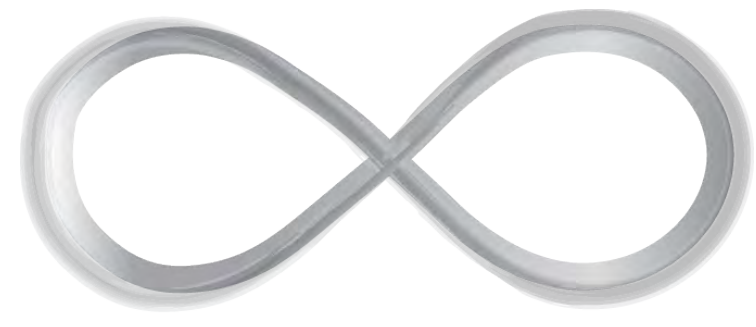
If you need more personal help and guidance uncovering the root cause- the deeper issue - the deeper level programming that has been there for so long, I encourage you to schedule a [Breakthrough Session](#) with me.

A Breakthrough Session is the first step in my [Integrative Breakthrough Coaching](#) program. The duration of a Breakthrough session generally lasts 6-8 hours and is a **comprehensive approach to identifying the various reasons why you've been unable to achieve your goals**. Once we have elicited the underlying theme, we can then remove old negative emotions, limiting beliefs and decisions (the unconscious drivers) that keep you stuck. Once these unconscious drivers are eliminated, we work together to help you **create positive change in your life by setting value-based achievable goals** as I support you in taking the necessary action steps to experience the life you truly want.



Emotions are sure to surface when you start asking questions about limiting beliefs. Remember, emotions pass and you'll never be given more than you can handle at one time. Use the following exercise to lean into emotions that arise so you can **process, let go of and heal** negative emotions.





## Daily DO #2: Feeling Your Way Through

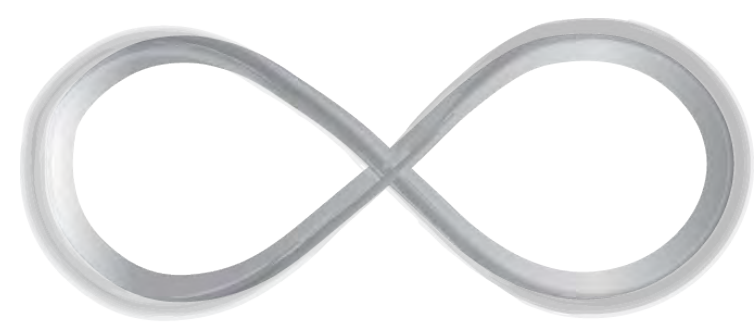
Having emotions, positive and negative, is part of the human experience. Learning **how to navigate your emotions** mindfully, compassionately and with positive intention is something that **requires a willingness to be vulnerable** and a commitment to moving through the pain, as opposed to avoiding it.

When things don't unfold in the way you'd like, you might hear thoughts in your mind like "I'm a loser" or "They don't understand me" or "I don't deserve happiness and love" or "I don't have what it takes to be successful" or "I'm not pretty enough." These are limiting beliefs. As you hear these beliefs, notice the emotions associated with them. For example, if you hear, "I don't deserve happiness and love," lean in to the emotion you're feeling about your deservedness because you believe yourself undeserving to be true on some level. For instance, you might find sadness, shame, disappointment, or frustration behind that limiting belief of unworthiness that formed during childhood. Something important to keep in mind - holding limiting beliefs doesn't necessarily mean you experienced major trauma. The limiting belief or beliefs could have been formed when **something happened to you that you perceived or interpreted to be negative** and because you couldn't process the emotion or make sense of the event at the time, your unconscious stored a false belief that you are unworthy.

My unique method as an [Integrative Breakthrough Coach](#) is three-fold:

**A heart-centered, conversational approach** to understanding **how your experiences have shaped who you are today**, combined with Mental and Emotional Release® techniques that access the unconscious mind to **assist you in releasing past negative emotions, limiting beliefs and anxiety**, followed by **an integration of mindfulness-based lifestyle practices** that enable you to live a **happy and fulfilling life from the inside out**. Schedule your [Breakthrough Session](#) today and start moving towards living the life you desire and deserve!





As you move toward the emotions behind the beliefs, keep in mind that emotions are simply energy, and energy is always moving. Every emotion runs its own pattern of peaking and dissipating. Energy rises, and it subsides—it ebbs and it flows. Technically, **it's the energy of the emotion that you are learning to lean into and not the emotion itself**. Remember the 90-second rule. The energy of the emotion will keep moving if you don't add thoughts or beliefs to it.

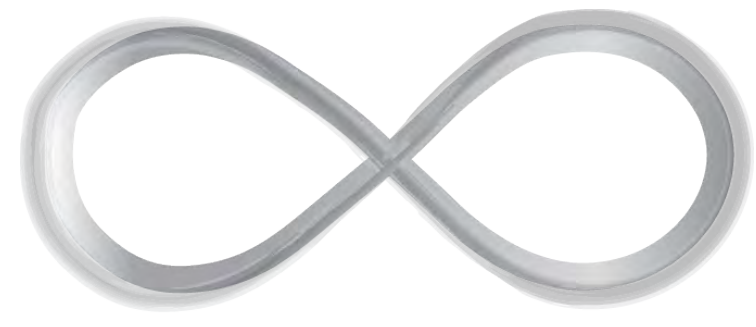
The emotion you feel is occurring in the present and yet it stems from the past during a time when something happened, and your needs were not met. Your undigested emotions from that time were etched in your psyche. To **lean into the emotion is to be present with it for as long as it takes to let it pass through you**. Imagine the emotion you feel as energy. Visualize it as something in motion, like a thick fog or clouds floating by. This prevents the emotion from getting stuck.

**One Weekend at [Empowering Your Life®](#) can Change Your Life!**

When you gain a clear understanding of what beliefs and choices you make each day that are in direct opposition to what you want in life, you are able to release what is no longer serving you and make room for what you *do* want in your life. By learning, experiencing and incorporating powerful tools and techniques during this [3-day uplifting weekend seminar](#), you will rediscover yourself, regain clarity, and **redesign your life in a way that supports your vision, goals, and dreams**. Using the proven, science-based method of Mental and Emotional Release® Therapy, you will learn quick and effective ways for releasing negative emotions, beliefs and behaviors (including those deep unconscious processes that run your life) and **impress new, empowering emotions, thoughts and beliefs** that align with what you want in your life.

**As my guest, use this special promo code TRISGUEST at [checkout](#) to save \$300 off regular priced ticket of \$595.**

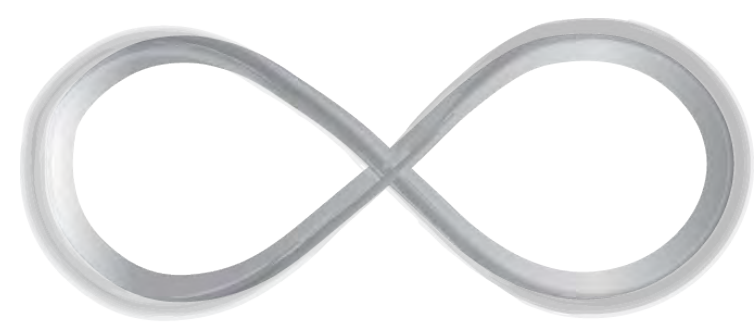




Notice it as a *feeling* that you're allowing yourself to become aware of. Just witness the emotion as its energy ebbs and flows. The more you can do this, **the more present you'll become with emotions as they occur in the moment, and in time, as you heal, those negative emotions will dissipate** more and more quickly. You can use this process anytime to work through difficult emotions so they don't become buried and cause problems in the present.







## **PART FOUR:**

# **UNIFYING YOU FOR EMPOWERED LIVING**

When you feel open, loving, confident and strong, you're much more powerful than when you feel defensive, frightened, worried, or depressed. That's why leaning into your emotions, letting them pass through you and uncovering and releasing those limiting beliefs is so vital to living an empowered life. Your mental and emotional bodies work as team. When you take the time to STOP, to lean in, to strengthen your emotional body, you ultimately free yourself from the past and empower yourself in choosing how you live your life.

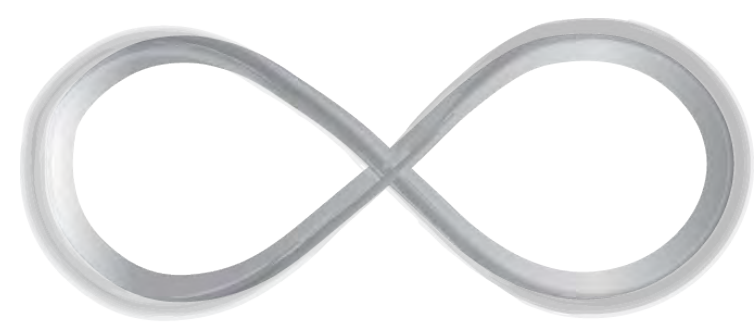
There are several **practices that strengthen the emotional body**. The most powerful mindfulness practice is meditation. Meditation provides benefits to your mind, body and spirit and you can do it anywhere and anytime. Simply try sitting quietly and counting your breaths for 5 minutes per day. If you do this for 7 days, I guarantee you will feel the benefits such as calmer state of mind, more clarity, creative thinking, and a greater sense of well-being. I've included three additional practices below that I find work wonders when you practice daily. I encourage you to practice all three and daily meditation if possible to receive the greatest benefits, but if you can only commit to one, choose meditation! This daily practice will radically change how you feel, how you think, and ultimately, how you live your life.

## **Daily DO #3: Practices for Strengthening the Emotional Body**

### **Gratitude: Focus on the Good in Your Life**

Spending time in gratitude is one of the simplest and most powerful of the mindfulness practices you can do. Although gratitude may seem frivolous because we read and hear about it all the time, it's a powerful way to shift how you feel instantaneously. Yet, many people simply never practice. Why is gratitude and experiencing this feeling so important?





The unconscious mind is where all of your programming is stored – memories, desires, values and emotions. By spending time in gratitude and creating imagery in your mind of what or whom you are grateful for and all the reasons *why* you are grateful tells your unconscious mind to **focus more on the positive** in your life. The more you focus on the good in your life, the more good you will create. If you focus on the world being a beautiful place with kind and loving people, you'll see – and attract – more of that in your reality. When you spend time visualizing – or remembering – the things you are grateful for, you are essentially telling your unconscious to **bring more of that** into your life. And, because you're focused on gratitude and positivity, the Universe will feed you more of that which you place your *attention* and your intention on.

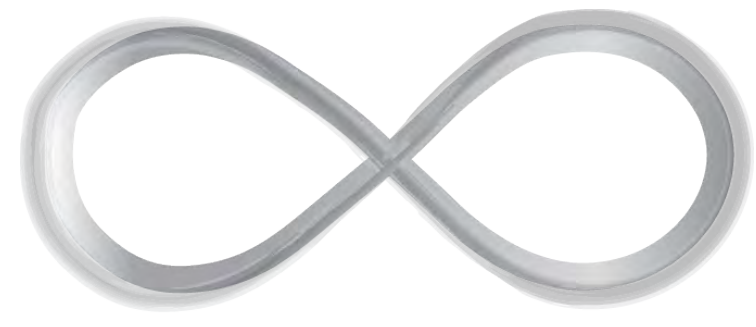
A gratitude practice can be as simple as sitting in meditation and bringing one person, event or object to mind. Just call up an image or a short movie clip of how this experience has affected you and notice the positive emotions that surface. See if you can enhance the color quality and the brightness of the image in your mind to make it more real, as if you're experiencing what you are grateful for in this present moment. Turn up the volume of the voices or other sounds you hear, as if it's happening in real time. Imagine looking through your own eyes and taking in any feelings that are present for you as **allow the feelings of gratitude seep in**. Spend anywhere from 5 to 15 minutes each day doing this practice and notice how it **shifts your energy, mindset and emotions**.

You can also keep a gratitude journal. Simply take a few minutes to write down what you are thankful for receiving or experiencing each day. This can be the uplifting boost you need for those times in life when it feels like nothing is going right. Just open your gratitude journal, read a few entries and you'll soon be reminded of just how perfect your life is, even with all the imperfections.

### **Kindness: Doing Nice Things for Others Makes You Happier**

Having a positive effect on others is another way to generate happiness, joy and fulfillment in your life. **One of the fastest ways to feel happy is to make someone else happy**. Notice how good you feel when you do something nice for someone else. This can be something simple like opening the door for an elderly person, smiling at the cashier, paying for a cup of coffee for the person behind you, giving someone a compliment or a gift, helping a coworker with a project deadline or simply saying something nice to someone who's having a bad day. **Random acts of kindness simply make you happier!**





## **Fun: Life is about Enjoying the Journey**

Bring the element of fun into your life every single day. Take a yoga class, join friends for happy hour, take a walk on the beach or on a trail, set up a movie night with the family (and make some buttered popcorn to share), or read a good book. **Schedule time for activities that bring you pleasure!**

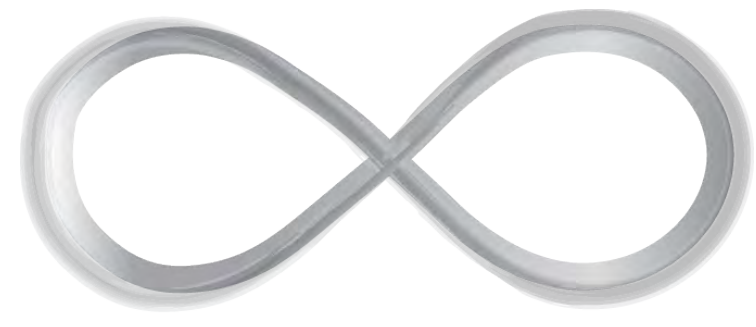
## **What it Means to Live an Empowered Life**

Living an empowered life means you **fully accept and love who you are**. You acknowledge and address your emotions when they arise. You are acutely aware of **your core values** and you base your actions on whether or not your decisions and **choices align with what is really important to you**. To feel empowered means you appreciate and **give thanks for the gifts in your life**, you forgive yourself and others, and **you take full responsibility** for the quality of your life. In short, you honor who you are, what's important to you and **you take positive action that moves you closer to your goals** and dreams. **Healing the past is the first step towards living an empowered life**. When you heal the past, you are moving closer to who you are at your best.

Join me in-person at [Empowering Your Life®](#) weekend seminar! Free your mind of limiting beliefs, release pain and emotions that no longer serve you, discover your hidden talents and dreams, and create a practical action plan for living an empowering and fulfilling life!

Use this special promo code at [checkout](#) to save \$300 off regular priced ticket of \$595: TRISGUEST





## The Road to Healing is an Ongoing Process

Healing is an ongoing process and not something you do once and you're done. You'll be processing different emotions and maybe even re-processing deeper layers that present the same or similar emotions in different contexts. There are many layers that comprise our mental and emotional bodies. Like peeling back the layers of an onion, we **go deeper and deeper uncovering more to heal and transform**. Keep doing your work whenever new baggage arises and you will find your load lightening exponentially. Your spiritual connection deepens, your mind clears, your heart opens more and more and your body feels more energized and healthy. From here, with a clean slate, **you can begin building a new life** grounded in awareness, transparency, compassion and inspiration. This is your new beginning.